



MILLER

Community Center

Program Dates: Jan 1 - March 31 (unless otherwise noted) ★ Register Now!



Winter 2007



REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Miller Community Center

330 19th Avenue E
Seattle, WA 98112
Phone: 206-684-4753 Fax 206-684-4397
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Noon – 5 p.m.

Program registration

Begins Monday, December 4

Program dates

January 1 — March 31 (unless otherwise noted)

Holiday closures

Monday, December 25, 2006 Christmas Day
Monday, January 1, 2007, New Year's Day
Monday, January 15, Martin Luther King Day
Monday, February 19, Presidents' Day

Metro Bus Routes

Routes 8, 12, and 43 stop at 19th Ave E & E Thomas St (1 block north).
Route 48 stops on 23rd Ave (4 blocks west).

Directions

Miller Community Center is located on Capitol Hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

South on I-5:

Take the WA-520 exit. From WA-520, take the Montlake exit, go to the light, and turn right. Drive approximately 1½ miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John Street, go up the hill to the four-way stop at 19th Avenue East, and turn right.

North on I-5:

Take the Madison Street exit. Go past the Dearborn and James Street exits onto the Madison Street exit. Turn right on Madison Street and drive east approximately 1½ miles to 19th Avenue. Turn left and drive to the four-way stoplight at Thomas Street. Continue north on 19th Avenue East for ½ mile.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Robert Stowers, Central East Recreation Manager

Professional Staff

Thavy Pen – Coordinator
Zoom Piksa – Asst Coordinator
Zebedee Hill – Recreation Attendant
Robert Verdecias – Maintenance Laborer
Audrey Weaver – Recreation Attendant
Ed Wingate, Recreation Attendant
Ron Brown – Teen Development Leader
Edith Harrison – After School Director
Brittney Marest – After School Assistant

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. **Please make checks and money orders out to CITY OF SEATTLE.** Please Note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

SPARC is here — you can now register for classes online!

To get started, simply come into Miller Community Center, present your picture ID, and get your barcode and PIN. Then, go to www.seattle.gov and follow the online directions to register.

Special Events

Holiday Party (Toys for Tots)

Light refreshments, color contest and picture taking.

Ages: 0 – 12 **Fri, Dec 15** **6 – 8 p.m.**

“StarLight Social”

Free

Ages 18 and older

Seattle Parks and Recreation Specialized Programs Section holds a weekly social for adults (18 years of age and older) at Miller Community Center. Please call (206) 684-4950 for more information

Location: Multi Purpose Room – 1

#13696 Wed 6:30 – 8 p.m. 1/10 – 3/14

Magic Show

Ages 3 – 5

Family magic show. Only \$10 for a family pass!

Location: Kids Room

#13726 Tue, Mar 20 11 a.m. – Noon



Puppet Show

\$10

Ages 3 – 5

Family puppet show. Only \$10 for a family pass!

Location: Kids Room

#13767 Tue, Feb 27 11 a.m. – Noon

Sports/Special Olympic Program

Free

Ages 18 and older

Seattle Parks and Recreation Specialized Programs Section holds a weekly basketball program for adults (18 years of age & older) at Miller Community Center. Please call (206) 684-4950 for more information.

Location: Gym

#13790 Wed 7 – 8:30 p.m. 1/3 – 3/14



Toddlers/Preschoolers

Mighty Mites Toddler Indoor Playground

\$1 Drop-In

For those rainy Seattle winter days, we offer a play group for children ages 6 months to 5 years. Come and meet other parents with toddlers and infants and make new friends. Punch cards are available. Parents set up and supervise this activity.

\$1 drop-in fee per child.

10-visit punch card is available for \$10

Age: 6 mos. to 5 years of age

Tue, Thu 10 a.m. – Noon Jan 9 – Mar 31

Fees: \$1

Location: Gym



Tot Crafts

\$35

Ages 3 – 5

Creative play time with a variety of arts and crafts.

Location: Kids Room

Session 1

#13779 Tue 10 a.m. – 11 p.m. 1/16 – 2/20

Session 2

#13780 Tue 10 a.m. – 11 p.m. 2/20 – 3/27

Tot Kickball

\$35

Ages 3 – 5

Come and learn how to play kickball.

Location: Gym

#13781 Tue 11 a.m. – Noon 1/9 – 2/13

Tot Soccer

\$35

Ages 3 – 5

Learn the fundamentals of playing soccer!

Location: Gym

#13783 Fri 11 a.m. – Noon 1/12 – 2/16

#13782 Fri 11 a.m. – Noon 2/23 – 3/30

Youth/Teen Programs

After School Care Program \$245/mth

Age: Kindergarten to 5th Grade

The after school program is theme-based. Monthly activities include arts and crafts, music, sports, science, swimming, and much more.

Location: Multipurpose Room # 1

Please note: you must register at the community center for After School Care.



Registration Information

3 – 6 p.m. Mon – Fri	
Dates	Barcode
1/2 – 1/31	#13700
2/1 – 2/28	#13702
3/1 – 3/28	#13703
5 Days – \$245 (2nd Child Discount – \$230); 4 Days – \$230; 3 Days – \$190; 2 Days – \$135; 1 Day – \$85	

Mid-Winter Break Camp

Ages 5 – 12

Do you need a safe and friendly place for your child to attend camp during winter break? Our day camp will offer arts and crafts, games, sports, swimming, and cooking. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller staff.

Location: Multi-Purpose Room

#13732 Tu-Fri 7 a.m. – 6 p.m. 2/20 – 2/23

Activity Fee: \$116, Day Camp – Short Week (2nd Child Discount \$112)

Prof. Dev 1-Day Camp

Ages 5 – 12

Child care for the day between semesters.

Location: Multi Purpose Room – 1

#13730 7 a.m. – 6 p.m. Fri, 2/27

#13731 7 a.m. – 6 p.m. Fri, 3/16

**Fees: Full Time Both BF & AF – \$10;
Either BF or AF – \$15; Not in BF or AF – \$29**

H.E.L.P. Tutoring

Free

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. Please call 425-458-4366 to schedule a tutoring session.

Instructor: Azi Colling

Ages Youth/ Adults

Saturdays 10 a.m. – 2 p.m. 1/13 – 3/31

Ages 6 and older

T/Th 6 – 8 p.m. 1/16 – 3/29

Location: Small Room

Karate (Kenpo)

\$100

For youth willing to learn and demonstrate courage and confidence through physical fitness and discipline.

Ages 8 – 16

Location: Multi Purpose Room – 2

Instructor: Master

Donald Allen

#13710

Mon/Fri 1/8 – 3/26

6 – 7:30 p.m.



Sewing Class

\$35

Ages 9 and older

Basic sewing class.

Location: Small Meeting Room

Session 1

#13771 M/W 6 – 8 p.m. 1/10 – 2/14

Session 2

#13772 M/W 6 – 8 p.m. 2/21 – 3/28

Fencing

\$55

Ages 12 and older

Learn the basic fundamentals of fencing. Develop competence and appreciation for this ancient art.

Location: Gym

#13704 Fri 4:30 – 5:30 p.m. 1/12 – 2/23

Youth/Teen Programs

Lil' Dribblers Basketball

\$35

Ages 5 – 7

Focus on skill development and learning basic techniques and the fundamental of basketball. Games held on Wednesdays. COACH NEEDED.

Location: Gym

M/W	5 – 6 p.m.	6 weeks
#13716	Session 2	1/8 – 2/14
#13722	Session 3	2/19 – 3/28



CUB Basketball

\$55

Ages 8 to 9

Cub league basketball is organized for youth ages 8-9 years of age. Instruction and games included. Check out specifics at each local site.

Registration Information

Age Group	Barcode	
	Boys	Girls
8	#10268	#10270
9	#10269	#10271

Spring Sports Starting in March

T-Ball	Ages 6 – 10
Track	Ages 6 – 17
Girls Softball	Ages 10, 11, 12, 13, 14-17

Citywide Basketball

\$65

Ages 10 – 11

Boys and girls ages 10-17 will play on a competitive league, which will help them develop their sportsmanship skills.

Location: Gym



Registration Information

Age Group	Barcode	
	Boys	Girls
10 – 11	#10175	#10272
11 – 12	#10236	#10273
12 – 13	#10237	#10274
13 – 14	#10238	#10275
14 – 15	#10239	
16 – 17	#10240	
14 – 17		#10276

Capoeira for Youth & Adults

\$100

(14 years and up)

Capoeira is a Brazilian art form with over 400 years of history. Often described as a dance-like fight, it combines a flow of attacks, defenses, and acrobatic movements with music and dance. It improves physical fitness, flexibility and rhythm. Capoeira is also a potent means of self-expression and a dynamic tool for personal growth. This class is designed for beginners and is structured around each individual's abilities. Wear loose fitting pants and a shirt to sweat in!

Wed 7 – 8:30 p.m. 1/10 – 3/7



Miller Teen Program

Miller Teen Program

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through integrated developmental assets. These assets include education opportunities, special events, life skills workshops, Teen Council, job readiness, group games, field trips, and much more.

All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian, and Teen Development Leader.

Most programs are free. Others have a fee depending on the activity.

Instructor: Ronald Brown

Age: 11 to 17

Tue – Sat **2:30 – 7 p.m.** **1/9 – 3/30**

Miller Teen Advisory Council

Now Recruiting! If you have fundraising ideas, like planning special events, learn about service learning hours or just want to show off your leadership skills, you are invited to join our meetings. Registration is required. For more information, please contact Ronald Brown (TDL).

1st Thu of month **4 – 5 p.m.** **1/4 – 3/31**

What's Cooking

Free

Ages 18 and older

Learn the basic skills for preparing and cooking healthy meals. We will learn what's needed to prepare a meal from beginning to end, then we'll eat our finished meal. Please call the Special Populations Office at 206-684-4950 to register.

Location: Kitchen

#13789 **Mon, 6:30 – 8:30 p.m.** **3/5 – 3/26**



Jazz Dance

\$50

Ages 9 – 12

Come and learn the art of Jazz music and dance!

Location: Multi Purpose Room – 2

#13709 **Mon, 3:30 – 5 p.m.** **1/8 – 3/12**

Coyote Central

Free

A professional chef invites you into a huge kitchen to produce scrumptious meals that are worthy of fine menus in fancy restaurants. Of course, you'll learn to cook and present them like the pros, too. **To register for this class, please call 206-323-7276.**

Age: Middle school

Location: Kitchen

Saturdays **10 a.m. – 1:30 p.m.**

The Art of the Tale: A Storytelling and Performance Workshop

Ages 14 and older

Presented by Miller CC and Urban Wilderness Project
Cal Anderson Park Shelter, 11th and Pine, Seattle (Capitol Hill)

Gain confidence in your public speaking (work, school, spoken word, or acting). Learn speaking techniques by performing for audiences of all ages in the community! Earn service-learning credit! (college and high school). 2006-2007 Seattle poet populist, storyteller, and educator Jourdan Keith teaches the class. Sign-up for this six-week workshop and receive more than 13 hours of instruction. Register Now. For more information, please call 206-579-5848 or e-mail urbanwildernessproject@yahoo.com.

All Audiences are Welcome! Just want to listen? Hear stories from around the world between 4:45 and 5:30 p.m.! Adults, youth, and families are welcome!

Urban Wilderness Project

\$55

"Restoring communities, culture, and the environment."™

www.urbanwildernessproject.org

Location: Shelter House

#13778 **Tue, 5:30 – 7:30 p.m.** **1/9 – 2/13**

Teen Programs

Storytelling \$10

Ages 3 – 5

Family story time. Only \$10 for a family pass!

Location: Kids Room

#13776 Tue 11 a.m. – Noon 1/23

Piano Lessons \$175

30-minute one-on-one piano lesson.

Location: Small Meeting Room

Ages 6 and older

Session 1

#13761 M/W 1 – 5 p.m. 1/8 – 2/21

Session 2

#13762 M/W 1 – 5 p.m. 2/26 – 4/4

Drop-in fee: \$21.88 – 30 min. session



www.chicksplayhard.org

Adult Programs

Adult Drop-in Sports Fee

The City of Seattle charges an Adult Sport Drop-in Fee during all operating hours. The fee is **\$2 per session for adults (ages 18 to 64)** and **\$1 per session for seniors (ages 65+)**. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. **Please pay at the front desk.**

Open Gym Hours are subject to change with or without notice. Every effort will be made to give notification when changes or cancellations occur.

Adult Drop-in Volleyball \$2 Drop-in

Come practice your volleyball skills. Adults only. *Special note: last day of weekday drop in volleyball is December 30



Age:
Adults only
Sundays
12/3 – 12/24
Noon – 4:45 p.m.
Location: Miller Gym



Adult Drop-in Badminton \$2 Drop-in

Special note program will end December 27. City-wide Basketball leagues begin.

Ages Adults Only

Wednesdays 6:30 – 8:45 p.m. 12/6 – 12/27

Location: Miller Gym



Adult Drop-in Basketball \$2 Drop-in

Ages 18 & up

Tue 7:30 – 8:30 p.m.

Tue/Thu 12:30 – 2 p.m.

Location: Miller Gym

Adults

Adult Drawing **\$55**
 Ages 18 and older
 Drawing Class
Location: Multi Purpose Room – 2
 #13697 Tue, 7 – 8:30 p.m. 1/9 – 2/27

Water Coloring **\$45**
 Ages 18 and older
 You'll receive instruction in fundamental water color technique and introduction to materials. Emphasis will be on increasing control of the media and compositional elements of your work. We will introduce various exercises to develop a color, light, texture, and shape awareness. Most classes will work with a still life set up in the classroom.



Location: Multi Purpose Room – 2

Beginning Water Coloring
 #13786 Thu, 1 – 3 p.m. 1/11 – 2/15
 #13787 Thu, 1 – 3 p.m. 2/22 – 3/29

Advance Water Coloring
 #13784 Tue, 1 – 3 p.m. 1/9 – 2/13
 #13785 Tue, 1 – 3 p.m. 2/20 – 3/27

Computer Lab
 Youth Mon - Fri 2:30 – 6 p.m.
 Adult Mon – Fri 7 – 8:30 p.m.
 Adult Sat/Sun Noon – 4:30 p.m.



Wellness through Chair-Robics **Free**

If you're not active now but would like to be, this class builds strength and enhances your level of health. Ages 18 and older. This class is offered through the Country Doctor Community Clinic. Please call Nancy to register, 206-299-1619

Age:18+
Location: Multi Purpose Room #2
Tuesdays 1:30 p.m. – 2:30 p.m. 1/9 – 3/27
Fees: Free



Yoga **\$95**
 Ages 18 and older

Re-establish connection to the body with yoga. Explore how yoga can be a tool to improve your quality of life and accomplish your goals. Develop mind-body awareness and mental clarity. By taking this class you will increase flexibility, strengthen your body, and reduce stress.

Location: Multi Purpose Room – 1
 #13788 T/Th 6:30 – 7:45 p.m. 1/11 – 3/27
 Activity Fee: \$95

More Information

For more Information on other programs for Youth/Adults with Disabilities, please call the Specialized Programs Office at 206-684-

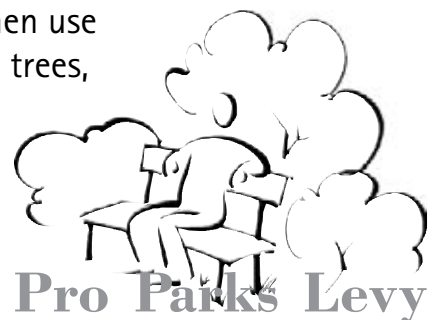


Birthday celebration at Miller Community Center with wonderful pig performance.

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Lifelong Recreation (Ages 50+)

Central East Senior Adult Registration Information

Cheryl Brown, Recreation Specialist
206-233-7255

E-mail: cheryl.brown@seattle.gov

Winter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15;
Mon, Feb 19

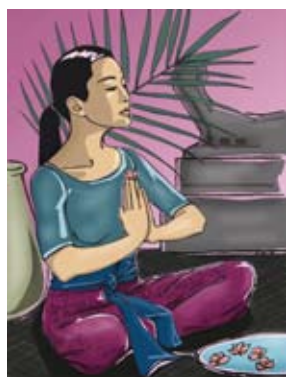
Registrations and Payment: You can register beginning December 4 in one of three ways: You can call Cheryl at 206-233-7255; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Tai Chi \$30

Learn slow and gentle meditative exercises that are good for stress, balance, concentration, and general physical well being.

Instructor: Ed Bexa

#13270 Thu 10:15 – 11:30 a.m.



Korean Food and Fitness Program

Free

#13318 Tu/F 10 a.m. – 1 p.m.

This program offers an opportunity for seniors to congregate and celebrate their cultures and languages while learning to navigate American life. Each day offers lunch, social, educational, and fitness programs and a food bank on Fridays

Fifty Friends

Are you single in Seattle and age 50 or older? Join us in our new singles outings group where we will have a great time meeting (fifty?) new friends!

Pizza Potluck \$4

At this introductory get-together, we'll eat pizza (please bring a salad or dessert to share), play bunco and bingo, and brainstorm ideas for future events.

#13266 Fri, Jan 26 7 – 11 p.m.

Third Place Books \$8

Third Place Books is a great place to relax to live music, enjoy several great bakeries and restaurants, play chess, and socialize. We provide transportation from Miller CC.

#13265 Fri, Feb 23 7 – 11 p.m.

Rocking Horse Dance Barn \$12

Dance the night away, or just watch and enjoy the music! Take the 7 p.m. dance lesson, then shake a leg! We provide dinner and transportation. Admission is \$12 at the door on your own. We provide transportation from Miller Community Center.

#13264 Fri, Mar 23 6 – 11 p.m.

Trips and Tours

Discover DaVinci \$7.50

Tour the Leonardo DaVinci: Man/Inventor/Genius exhibit at the Museum of Flight, have lunch on your own at the museum's cafeteria, then explore the history of flight at the regular museum exhibit. \$22 museum admission fee includes both the DaVinci and regular museum exhibits.

#13274 Fri, Jan 5 9:30 a.m. – 3 p.m.

Tour Two Eastside Establishments \$12

Tour two east side establishments: first learn the history of the Microsoft company at their Visitor Center, then take a candy factory tour at Elegant Gourmet. We'll also stop to eat lunch, for which you're on your own, at a local restaurant.

#13466 Fri, Jan 12 9 a.m. – 4 p.m.

Trips and Tours Continued

LeMay Museum \$10

Take a tour of the world's largest privately owned collection of automobiles, motorcycles, trucks, and related memorabilia. This exhibit presents virtually every car manufactured in America and many foreign cars. Please bring \$15 for admission to the museum. You're on your own for lunch in Tacoma after the tour.

#13272 Fri, Jan 19 8:30 a.m. – 3 p.m.

Lovely LaConner \$10

LaConner is a treat any time of year! The quaint shops, the museums, the yummy lunch stops, and the ocean breeze, LaConner has it all! Lunch is on your own at a local restaurant.

#13273 Fri, Feb 2 10 a.m. – 5 p.m.

Valentine Theme Trip \$8

On this Valentine-themed trip, we will explore some locations that feature flowers and candy, including Theo Chocolate in Fremont and lunch (on your own) at a local restaurant.

#13470 Fri, Feb 9 10 a.m. – 4 p.m.

Madison Park Secrets \$7.50

Discover the best kept secret in Madison Park! We'll visit the Pioneer Museum, which houses a display of early Seattle transportation history, hats, and clothing, then we'll move on to the Fisk Genealogy library. Then lunch on your own in any of the fine Madison Park lunch establishments with time to explore!

#13275 Fri, Feb 16 10 a.m. – 3 p.m.

King 5 Newsroom \$8

See behind the scenes in the King 5 newsroom as the crew prepares for the noon news broadcast. Lunch (on your own) and other adventures will follow.

#13471 Fri, Feb 23 9 a.m. – 4 p.m.

Triple Town Treat \$8

Travel east and check out three small towns where history is preserved, and dollar stores abound. Enjoy the day rambling through Monroe, Sultan, and Skykomish. Lunch is on your own at a local restaurant.

#13276 Fri, Mar 2 10 a.m. – 4 p.m.

Port of Seattle \$8

Tour the Port of Seattle building down on the waterfront. Get an introduction to the Port functions and tour the facilities.

#13472 Fri, Mar 9 9:30 a.m. – 4 p.m.

Day Trippin' \$6/hike

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail. In rainy weather we will lunch (on your own) at a restaurant close to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear! **We provide transportation. Please register ahead of time by calling 233-7255. Van pickup from Miller is at 9:45 a.m., and at Garfield at 10 a.m. We'll return at approximately 3 p.m.**

#13259 Tue, Jan 9 Point Defiance

#13262 Tue, Jan 23 Issaquah Creek

#13261 Tue, Feb 6 St. Edwards Park

#13260 Tue, Feb 20 Redmond Watershed

Preserve

#13258 Tue, Mar 6 Coal Creek Falls

Red Hat Society

Join this group of women 50 and older who are looking for fun! We will have a monthly event that all are welcome to attend! Lunch will be "on your own," and we'll provide transportation from Garfield CC for most events. Please register in advance—these events fill up fast!

Thursdays, 10 a.m. – 4 p.m.

\$5 transportation per event

#13321 Jan 18 Garfield CC

#13322 Feb 15 Garfield CC

#13323 Mar 8 Garfield CC

Trip Registration Information

Trip Registrations: *phone-in only*, 206-684-4240, 8 a.m. on the date listed.

Please make checks payable to City of Seattle and mail to: Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98134-1336 ***Payment must be received 5 working days before departure.***

Van picks up from Miller Community Center 15 minutes before trip time listed.

Winter Quarter 2007

Tuesday & Thursday

6:30–8:00 a.m.	Early Lap Swim/Masters Workout (ends Feb 2)
6:00–7:30 a.m.	Early Lap Swim/Masters Workout (begins Feb 5)
11 a.m.–3:00 p.m.	Lap Swim
11:30a.m.–noon	Kinder Lessons
Noon–1:00 p.m.	Adapted Water Exercise
1:00–2:00 p.m.	Pool Playland
4:00–5:00 p.m.	Public Swim (Shallow end only)
5:30–8:00 p.m.	Lap Swim
5:00–6:00 p.m.	Youth Lessons (6 & up)
6:00–6:30 p.m.	Kinder Lessons (4–5 years)
6:00–6:45 p.m.	Aqua Jogging
6:30–8:00 p.m.	Public Swim

Tuesday & Thursday

11 a.m.–3:00 p.m.	Lap Swim
11:00–11:30 a.m.	Parent/Tot Lessons
11:30–noon	3 Year Old Lessons
Noon–1:00 p.m.	Pool Playland
4:00–5:00 p.m.	Public Swim (Shallow end only)
5:00–6:00 p.m.	Youth Lessons (6 & up)
5:30–8:00 p.m.	Lap Swim
6:00–6:30 p.m.	Kinder Lessons/Adult Lessons
6:30–7:00 p.m.	3 Year old/Tot Lessons
7:00–8:00 p.m.	Shallow Water Exercise/ Masters Workout

Friday

6:30–8:00 a.m.	Early Lap Swim/Masters Workout (ends Feb 2)
6:00–7:30 a.m.	Early Lap Swim/Masters Workout (begins Feb 5)
11 a.m.–3:00 p.m.	Lap Swim
Noon–1:00 p.m.	Pool Playland
4:00–5:30 p.m.	Public Swim (Shallow end only)
5:30–6:30 p.m.	Lap Swim
5:30–6:15 p.m.	Aqua Jogging
6:30–8:00 p.m.	Public Swim

Saturday

8:30–5:00 p.m.	Continuous Lap Swim
9:00–10:00 a.m.	Water Exercise
10:00–11:00 a.m.	Family Float Swim
11:00–11:30 a.m.	Kinder/Tot Lessons
11:30–noon	Beg/Adv. Youth Lessons
12–12:30 p.m.	3 Year Old/Adult lessons
12:30–1:00 p.m.	Private/Special Population lessons
1:30–2:50 p.m.	Public Swim
3:00–3:30 p.m.	Youth Lessons (6 and older)
3:30–4:00 p.m.	Kinder Lessons (4–5years)
4:00–5:00 p.m.	Public Swim (shallow only)

Medgar Evers pool is available for private splash parties.
Please contact the pool for available times
and fees by calling 684-4766.

Recreational Swim Program Fees

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult FAST Pass	\$45.00
Senior/Disabled/Youth FAST Pass	\$35.00

Dive-In Movie Schedule

Swimming fun for the whole family. Enjoy swimming with the lights out while watching a family-appropriate film! Popcorn will be sold for \$2.00.

Fri, Jan 19	Hoodwinked PG
Fri, Feb 16	Ice Age – The Meltdown G
Fri, Mar 16	Garfield – Tail Of Two Kitties G

World Music Night

Explore our planet through the universal language of music! Enjoy a swim while our DJ spins world beats & global grooves, taking you on an international musical voyage to visit our neighbors across the seven seas.

1st Friday of every month during evening public swim, 6:30 – 8:00 p.m.

Winter Quarter 2007

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket, check or exact change only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our coach get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are under 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18 must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission and \$2 without.

Fitness Programs

Shallow Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

Swimming Lesson Programs

Parent Tot Swimming Lessons - 6 Months to 4 years

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons - Ages 4 & 5 years

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons - Ages 6 to 13

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth - Ages 6 to 13

This American Red Cross class is for advanced students who are comfortable swimming lengths of the pool in the deep end, and have strong floatation and crawl stroke skills.

Adult Lessons - Ages 13 & older

Novice through advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention is given to those adults who are aqua phobic.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How To Register For Lessons

Register online at www.seattle.gov/parks, call the pool at 684-4766 or come to the pool. Fees must be paid at the time of registration; spaces may not be reserved without payment. Registration is done on a first come, first served basis.

Learn To Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. More information is available at www.seattle.gov/parks/aquatics/learntoswim.htm

Community Phone Numbers

Recreation Information

Public Information 684-8020
 Compliments/Concerns .. 684-4837
 Ballfield Rainout
 Hotline 233-0055
 Environmental
 Stewardship 733-9701
 Field/Tennis Court
 Scheduling 684-4077
 Group Field/Tennis Court
 Scheduling 684-4082
 Picnic Scheduling 684-8021
 Teen Program Advocate. 684-7136
 Teen TREC Program 684-7097

Community Services

Chamber of Commerce ... 686-3221
 Capitol Hill Neighborhood Svc Ctr
 684-4574
 Police — East Precinct.. 684-4300
 Police — West Precinct. 684-8917
 Metro Transit Rider Info 553-3000

School Information

Garfield H.S. 252-2270
 Leschi 252-2950
 Lowell 252-3020
 MLK 252-2900
 Madrona 252-3100
 Meany Middle 252-2500
 Montlake 252-3300
 St. Joseph's 329-3260
 Stevens 252-3400
 T.T. Minor 252-3230
 Topps 252-3510
 Transportation 252-0900

*ELC = Environmental Learning Center

Sports Information

Amy Yee Tennis Center .. 684-4764
 Athletic Field Scheduling 684-4077
 Capitol Hill Soccer 675-0397
 Central Area Panthers
 Football 853-3181
 Citywide Adult Athletics.. 684-7092
 Citywide Youth Athletics . 684-7091
 Field/Tennis Court
 Scheduling 684-4077
 Garfield Little League ... 721-3534
 Montlake Little League . 853-3181

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Central East 233-7255
 Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium 386-4320
 Asian Art Museum 654-3100
 Camp Long ELC* 684-7434
 Carkeek Park ELC* 684-0877
 Daybreak Star Cultural
 Arts Center 285-4425
 Discovery Park ELC* 386-4236
 Green Lake
 Small Craft Center... 684-4074
 Langston Hughes
 Performing Arts Ctr.. 684-4757
 Mt. Baker Rowing
 & Sailing Center 386-1913
 Seward Park ELC* 684-4396
 Woodland Park Zoo 684-4800

Community Centers & Pools

Alki CC 684-7430
 Ballard CC 684-4093
 Ballard Pool 684-4094
 Bitter Lake CC 684-7524
 Colman **(Summer only)** .. 684-7494
 Delridge CC 684-7423
 Evans Pool 684-4961
 Garfield CC 684-4788
 Green Lake CC 684-0780
 Hiawatha CC 684-7441
 High Point CC 684-7422
 Jefferson CC 684-7481
 Laurelhurst CC 684-7529
 Loyal Heights CC 684-4052
 Madison Pool 684-4979
 Magnolia CC 386-4235
 Meadowbrook CC 684-7522
 Meadowbrook Pool 684-4989
 Medgar Evers Pool 684-4766
Miller CC 684-4753
 Montlake CC 684-4736
 Mounser **(Summer only)** .. 684-4708
 Northgate CC 386-4283
 Queen Anne CC 386-4240
 Queen Anne Pool 386-4282
 Rainier CC 386-1919
 Rainier Beach CC 386-1925
 Rainier Beach Pool 386-1944
 Ravenna-Eckstein CC ... 684-7534
 Sand Point CC 684-4946
 South Park CC 684-7451
 Southwest CC 684-7438
 Southwest Pool 684-7440
 Van Asselt CC 386-1921
 Yesler CC 386-1245

Facility Rental Information

Miller Community Center

Rent Miller Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, and other events.

Cal Anderson Shelterhouse

1635 11th Ave

The Miller Community Center - Cal Anderson Shelterhouse is available for rent on availability. The shelterhouse is available for the community to hold meetings, activities, and small parties. Maximum capacity is 45 people.

Rates and Availability

Contact Miller Community Center Staff at 206-684-4753 for cost and availability. If neither Miller Community Center nor Cal Anderson Shelterhouse suits your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrental-guide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!

General Information

You can make a difference!

The Miller Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Miller's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Miller Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Thavy Pen at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our classes online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our

Public Information line, 206-684-4075.

For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.



Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Registration Form

Please fill out form completely and return with payment to:

Miller Community Center
330 19th Ave E
Seattle, WA 98112

For additional information, please call 206-684-4753

No additional confirmation will be sent; please refer to the program brochure for start date and times.

Payee Information		
Name	Relationship to Participant	
Address	City	ZIP
Home Phone	Other Phone	
Work Phone	E-mail Address	
Method of Payment		
<input type="checkbox"/> Credit Card	Type of card <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> American Express <input type="checkbox"/> Debit Card	
<input type="checkbox"/> Cash <input type="checkbox"/> Check	Credit Card Number	Expiration Date

General Waiver

☐ Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by Seattle Parks and Recreation and Miller Advisory Council, and I declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Miller Advisory Council, or any of their employees or volunteers responsible for any injuries, damage, or personal loss incurred while participating in said program(s).

Participant Registration						
Class Title	Day(s)	Time	Fee	Participant's First & Last Name	Birth Date	Sex

Complete credit card payment information or make checks payable to: **City of Seattle**

Mail to: **Miller Community Center, 330 19th Ave E, Seattle, WA 98112**